

**RALSTON FOODS
LABEL DECLARATION**

SUBJECT: PFG-H23-A
SQUARE-SHAPED RICE
BISCUITS #09
DATE: Issued January 20, 2009
Replaces October 27, 2008

NUTRITION FACTS			
SERVING SIZE		1 cup	(27g)
Servings Per Container		about 13 for 12.8 oz. Pkg.	
Amount Per Serving	Cereal	Cereal with 1/2 cup Skim Milk	
CALORIES	100	140	
CALORIES FROM FAT	0	0	
% Daily Value**			
TOTAL FAT 0g*	0 %	1 %	
SATURATED FAT 0g	0 %	1 %	
TRANS FAT 0g			
POLYUNSATURATED FAT 0g			
MONOUNSATURATED FAT 0g			
CHOLESTEROL 0mg	0 %	1 %	
SODIUM 240mg	10 %	13 %	
POTASSIUM 30mg	1 %	7 %	
TOTAL CARBOHYDRATE 23g	8 %	10 %	
DIETARY FIBER 0g	0 %	0 %	
SUGARS 2g			
OTHER CARBOHYDRATE 21g			
PROTEIN 2g			
VITAMIN A	10 %	15 %	
VITAMIN C	10 %	10 %	
CALCIUM	10 %	25 %	
IRON	50 %	50 %	
VITAMIN D	10 %	25 %	
THIAMIN	25 %	30 %	
RIBOFLAVIN	25 %	35 %	
NIACIN	25 %	25 %	
VITAMIN B₆	25 %	25 %	
FOLATE	50 %	50 %	
VITAMIN B₁₂	25 %	35 %	
ZINC	25 %	30 %	
* Amount in cereal. One half cup skim milk contributes an additional 40 calories, less than 5mg cholesterol, 65mg sodium, 6g total carbohydrate (6g sugars) and 4g protein.			
** Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
TOTAL FAT	Less Than	65g	80g
SATURATED FAT	Less Than	20g	25g
CHOLESTEROL	Less Than	300mg	300mg
SODIUM	Less Than	2,400mg	2,400mg
POTASSIUM		3,500mg	3,500mg
TOTAL CARBOHYDRATE		300g	375g
DIETARY FIBER		25g	30g
Calories Per Gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

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INGREDIENTS: RICE, SUGAR, SALT, CALCIUM CARBONATE, MOLASSES, REDUCED IRON AND ZINC OXIDE (MINERAL NUTRIENTS), VITAMIN C (SODIUM ASCORBATE), A B VITAMIN (NIACINAMIDE), VITAMIN B₆ (PYRIDOXINE HYDROCHLORIDE), VITAMIN B₁ (THIAMIN MONONITRATE), VITAMIN B₂ (RIBOFLAVIN), A B VITAMIN (FOLIC ACID), VITAMIN A PALMITATE, VITAMIN B₁₂, VITAMIN D.

BHT ADDED TO PACKAGING MATERIAL TO HELP PRESERVE FRESHNESS

NET WEIGHT: → 12.8 OZ. (363 g)



→ DENOTES REVISION

APPROVALS			
JIM Lingo	Proofer	Regulatory	Legal
jml	jsm	kmj	cdw

Initials in approval box indicate signed copy on file in R&D Department.